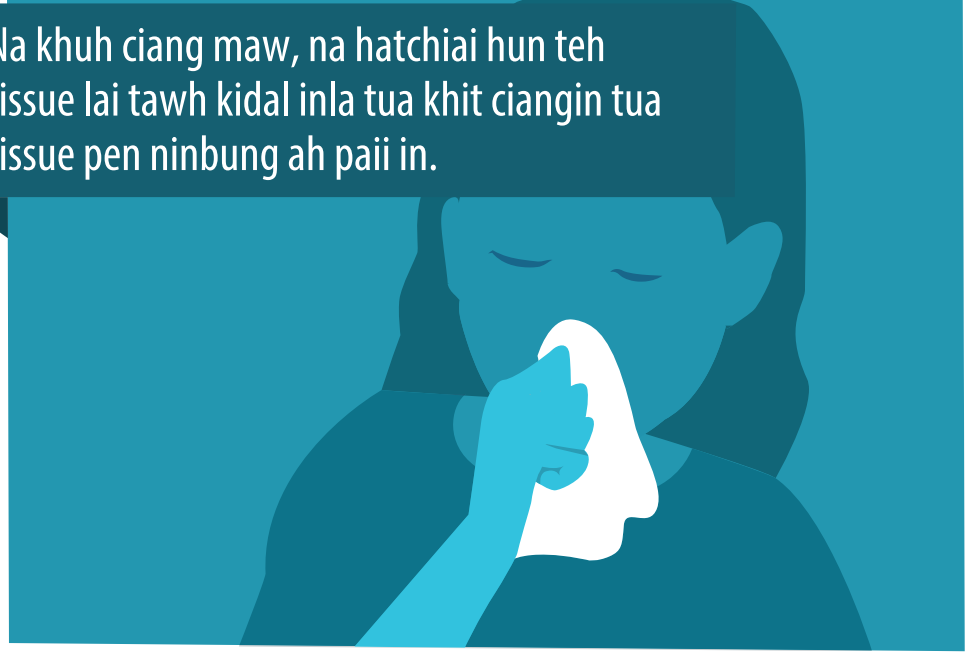


COVID-19 dana huih-diikna lam tawh kisai natnate a kizelh loh nadingin dal in

Mi cinate tawh kisukkhak loh ding kidawm in



Na khuh ciang maw, na hatchiai hun teh tissue lai tawh kidal inla tua khit ciangin tua tissue pen ninbung ah paii in.



Na khoih mun zawkdeuh vante, nate leh maitangte hah siang inla lungno thahna tawh zut in.



Na mitte, na nak leh na kam te khoih loh ding hanciam in.



Zato kilah ding lo buang na nat ciangin inn ah om lel in.



Na khutte saban leh tui tawh setkan 20 peuhmah sil zelzel in.



Thu le la a kicing zaw www.cdc.gov/COVID19 ah na en in.